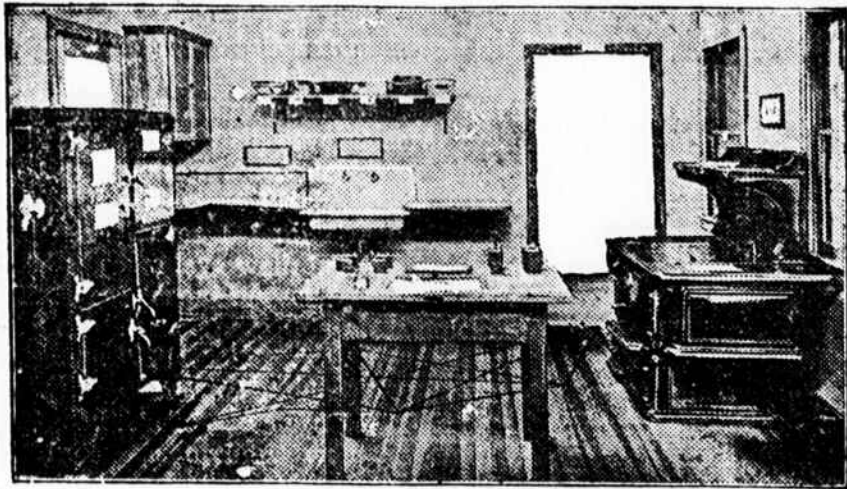


THE HOUSEWIFE AND THE WAR

(Special Information Service, U. S. Department of Agriculture.)



NO NEED TO WASTE STEPS IN THIS CONVENIENTLY ARRANGED KITCHEN.

MOST IMPORTANT ROOM IS KITCHEN

Impossible to Have Too Many Conveniences in "Housewife's Workshop."

SMALL AND COMPACT IS BEST

Arrange to Save Steps and Useless Labor Wherever Possible—Recipes for Delicious Apple Butter—Skim Milk as Human Food.

Have you ever stopped to think how many steps you take in a day's time in doing kitchen work, and how many of these steps are unnecessary? The convenience of the kitchen—the housewife's workshop—is becoming a subject of considerable study by both city and rural people.

Give the rearrangement of the kitchen the thought that it deserves, for it is the most important room in the home. Perhaps a window can be cut in the east or south wall to admit more light and ventilation. Some kitchens have too many doors. They might be made more attractive if one were permanently closed and a cabinet for dishes and cooking utensils built in its place. A small, compact kitchen saves many steps and much useless labor, but if the room is large the arrangement of the kitchen stove, worktable, sink, ice box, etc., near the pantry door will accomplish the same results.

Lighting, ventilation and heating are particularly important in the kitchen. For ventilating purposes, a window that reaches nearly to the ceiling, with a top sash that can be readily raised or lowered, is especially good, as it lets out the hot air which naturally rises. In lieu of such a window, smaller ones for ventilating purposes may be provided near the top, over the cupboard, table or sink. Glass panels in the doors are advisable. There can hardly be too many windows in a kitchen.

Don't let any vegetables go to waste this fall. It will be wise economy to store all that you do not can, dry, pickle, or brine. A well ventilated cellar is a convenient storage place. If there is no available space there, an outdoor storage-pit is satisfactory. Select a well drained spot, pile the vegetables in a shallow trench, cover with straw, then a layer of dirt, etc., to protect from freezing, and provide ventilation at the top.

SKIM MILK FOR HUMAN FOOD.

Value of This Product Frequently Underestimated in the Home.

The food value of skim milk is frequently underestimated in the home. As a feed for young farm animals and chickens it has long held an important place. However, it is not generally recognized that as human food it is equally valuable. Although the greater part of its fat is lost in skimming, it is proportionately richer in the essential tissue-building materials than whole milk. It is most commonly used in the home as a nutritious beverage but is also valuable in a variety of ways in cookery and in the preparation of cottage cheese and similar products. Only that which cannot be made use of in the home should be used in the feeding of stock.

While skim milk is good for stock, the fact remains that its highest efficiency cannot be had through turning it into meat. Skim milk is used most economically in animal production when fed to hogs, yet it takes 20 pounds when fed alone to produce one pound of pork. The same quantity will make three pounds of cottage cheese. In addition, cottage cheese contains one-third as much energy as pork, so that the skim milk in the cheese form gives quite as much energy and four and one-half times as much protein as it would if converted into ham or bacon.

Even at the highest prices recently paid for hogs, skim milk fed to them is worth not more than one cent a pound. Yet one cent a pound or approximately one cent a pint, is very cheap for any human food, and particularly for a food so high in nutritive value as skim milk.

Delicious Apple Butter.
Do you have apples that won't keep for winter use? They can be found

on nearly every farm. Don't let them go to waste. Make them into apple butter this fall.

The familiar sight some years ago of making apple butter in a copper kettle hung over an outdoor fire is not common these days. The housewife of today, however, has not lost the art but makes an equally good product on the modern kitchen range. Here are some of her recipes:

Apple Butter Without Cider.—When the handy cider press is not available and cider is hard to secure, some cooks make their apple butter from apples alone. Cook the apples in as little water as possible and run through a sieve. Allow this sauce to simmer over a low fire two hours; then add a pound of brown sugar to each gallon of sauce and stir over the fire for two more hours. Just before removing from the fire stir in cinnamon, allspice, and cloves to taste—usually about one-half teaspoonful of each per gallon.

Old-Fashioned Apple Butter.—Women famous in the art of cooking will tell you that no apple butter compares with that made by the long, slow cooking of apples in sweet boiled cider. Five gallons of sweet cider should be boiled down to two and a half gallons, then five gallons of sliced, pared apples—or five gallons of apple sauce—added and all cooked together over a slow fire for from four to six hours, stirring often. If a tart butter is desired no sugar need be added, but most people prefer some. If desired, add a pound of white or brown sugar for each gallon when the product is about two-thirds done. A half teaspoonful of ground cinnamon, allspice and cloves are usually allowed to each gallon. Stir in at the end of the cooking.

Apple butter may be kept by packing while hot in sterilized earthenware or glass jars, allowing to cool and covering with melted paraffin before placing the covers.

A delicious war-time muffin which is new to most housekeepers can be made from potatoes and cornmeal. Use four tablespoonfuls of butter or other fat, two of sugar, one egg well beaten, one cupful of mashed potatoes, one cupful of cornmeal, four teaspoonfuls of baking powder, one teaspoonful of salt, one cupful of milk. Mix the ingredients in the order given, drop in muffin tins, and bake 40 minutes in a hot oven. This makes twelve delicious muffins.

Saving by Substitution.

Rational food conservation does not mean that we shall be any less well nourished than heretofore. It is based primarily upon the fact that we can be just as well if not better nourished when other foods are substituted in part or in whole for some of those we are accustomed to use most freely. It means that the diet will perhaps be more varied in many cases and this will be a distinct gain since a varied diet is more wholesome and attractive than a monotonous one. For example, it is entirely possible to substitute peas, beans, cottage cheese, and fish for part of the meat ordinarily consumed without loss of nutritive value or palatability. Potatoes may replace a certain amount of bread. Fruits and sweet potatoes may be used to save sugar. When fruits and vegetables are abundant their use may be increased without lessening the food value or attractiveness of the diet or seriously altering food habits. Farmers' Bulletin 871, "Fresh Fruits as Conservators of Other Staple Foods," tells how this may be done.

A pantry well filled with home-canned and otherwise preserved fruits and vegetables means more varied, attractive and wholesome diet during the winter months, as well as cheaper living.

Remove the soil from houses having dirt floors and haul in clean sand, sandy loam, or ashes. A general fall cleanup will mean greater winter egg production.

One medium potato gives as much body fuel as two slices of bread and more than one egg. The tissue-building material, protein, is present only in slight amount, so that milk, cheese, eggs, fish and meat, which are rich in protein, are the logical foods to eat with potatoes. However, the small quantity of protein which the potato contains is of an especially valuable kind. Potatoes are rich in the mineral matter necessary to keep the body in condition.

Coming and Going.

Mrs. M. F. Murphy of Columbia is the guest of Mrs. Bartow Culp on N. Church street.

Miss Marian Elias will arrive tomorrow to spend a fortnight with relatives in the county.

Miss Julia Smith will return to her home in York this afternoon and will be accompanied by her aunt, Mrs. F. M. Farr.

John Halsey of Charleston was in the city Wednesday to see the football game between Camp Wadsworth and Camp Sevier.

Dr. D. H. Martin and Prof. Clarence Mann will leave next week for Norris to be present at the marriage of Hon. A. C. Mann of Greenville and Miss Nina Griffin on the 17th.

W. J. and J. L. Ringer of Pomaria are visiting at the home of Mr. and Mrs. G. B. Sligh on S. Church street.

Mrs. W. B. Cranford of Columbia is visiting at the home of Mr. W. D. Cranford on S. Church street.

Hoyle Charles, who has held a position with the Union Hardware company of this city for the past four years, has resigned to accept a position with the W. D. Coggsall Co., of Darlington. He will assume the duties of his new position on the 19th.

Fair Forest Chapter Held Meeting Tuesday

The Fair Forest Chapter, D. A. R., met at the home of Mrs. Aubrey Rice on Tuesday afternoon, November 6, and the assistant hostesses were Mesdames D. A. Boyd and J. M. Jeter.

Mrs. L. J. Hames, the regent, presided and the routine business transacted. The memory book of the national organization was presented to the chapter; and our State lost two members last year, Mrs. Wood of Gaffney and Mrs. Brooks of Columbia. Mrs. Hames reported that more jelly would be acceptable for the box to be sent to Camp Wadsworth and more books are needed for the first shipment to the camp libraries.

Mrs. J. W. Mixson was appointed chairman of the committee on the Conservation of Food. It was decided that instead of giving Christmas presents this year, we give the time and money spent thereon to our soldiers.

Miss Minnie Walker was instructed to collect all information and description of heir looms owned by members of the chapter.

A letter was read from a Michigan woman of Indiana in which she asked for data concerning the Howell and Palmer families of this county.

The literary program was instructive and entertaining. Mrs. J. A. Pant read a paper on "The Battle of Fish Dam Ford" and Mrs. L. G. Young read a most interesting letter from Col. David Hopkins to Capt. Charles Sims. This epistle was written just before the Battle of Savannah. Mrs. Young is a descendant of Col. Hopkins.

Mrs. W. M. Butler read an excellent paper entitled "Carlisle." In this paper she spoke of George Harvey, a real son of the Revolution, who lives near Carlisle.

A guest of the chapter, Mrs. C. T. Murphy, presented to the members for their inspection an old newspaper, "The Ulster County Gazette," published in Kingston, Ulster county, N. Y., in 1800. This edition of the paper is in mourning for President Washington. It gives most interesting accounts of the burial services of the "Father of Our Country." Another news item is the account of the American Congress after John Adams was elected president. The chapter was delighted to see the paper and thanked Mrs. Murphy for her kindness.

Mrs. Eveline Rice read passages from "Stray Leaves from a Portfolio" written by Rev. Lucius Bellinger, a local Methodist preacher. These were amusing and full of local color.

Several guests were present, Mesdames Susanne Carter, C. T. Murphy, W. D. Arthur. Mrs. C. T. Murphy and Mrs. P. D. Barron were unanimously elected members of the chapter.

Louisa Duncan Eaves.

A Lively Liver.

You should keep your liver in an active condition for a sluggish liver can work all sorts of harm to the human system.

Stomach disorders, headaches, despondency, lack of energy, constipation, etc., are generally caused by a lazy liver. You can force your liver to perform its functions through the use of K.W. Brand Liver Tonic. It contains no calomel. It does not make you sick, and it is not unpleasant to take.

It has a mild, stimulating effect on the liver and will quickly restore its normal action.

When you don't feel just right or have any of the disorders mentioned above—take a dose of K.W. Brand Liver Tonic. Price 25 and 50 cents a bottle. This Liver Tonic is guaranteed to give satisfaction or your money refunded. Sold in Union by The Peoples Drug Store. Phone 69. Adv.

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FOR SALE—110 acres land 2 1-2 miles from Monarch Cotton Mills. Dwelling and lot pine timber. Citizen's Real Estate and Loan Co. 2f.

MERCHANTS' free theatre tickets no longer good at Edisonia. 2-6

JUST RECEIVED a nice line of Syringes and Hot Water Bottles at The Palmetto Drug Co.

FOR SALE—Thirty pair mated pigeons. The Crescent Mammoth Homers; cost \$2 a pair. Will sell the lot for \$35. J. J. Wilburn, Mars Hill, N. C. 4f-5-pd

EVERYBODY goes to the Palmetto Drug Co. to buy drugs.

ANNOUNCED—To be cut immediately, several hundred cords of wood on lands adjoining city limits. Will pay 90 cents per cord for cutting. P. D. Barron. 44-3f.

HELP YOUR DOCTOR to fight disease by having his prescriptions filled at the Palmetto Drug Co.

FOR SALE—Drag Harrows. Peoples Supply Co.

LOST—Possum dog, black and tan legs, gray mouth and feather tail. Answers to name of "Rock," near Buffalo Saturday night. \$3 reward will be paid for safe delivery of dog. Write or phone J. A. Doggert, Buffalo.

FOR SALE—Buggy and Wagon Harness. Peoples Supply Co.

FOR SALE—Red Rust Proof and Apple Oats. Peoples Supply Co.

COAL COAL! Buy your winter supply now. Good Coal at reasonable price. Let me figure with you. J. W. Gilbert. 3f-1f

FOR SALE—Fifty acres of farm land within half mile of corporate limits of the city of Union. In good state of cultivation. Ten to twelve acres of fine bottom land. One acre in alfalfa. Balance in cotton and corn. For further information see S. M. Rice, Union, S. C.

FOR RENT—Five-room bungalow on South street, with electric lights, bath and all modern conveniences. Apply to W. S. McLure.

MONEY on real estate on long and easy terms. J. E. Minter, Financial Cor. Union County.

FOR RENT—One storeroom in the Smith Block, just east of Southern \$12.50 per month. See me for further particulars. Simon Smith, the Jeweler. 45-4f-pd.

FOR SALE—Ferns of all kinds and all sizes, potted. Apply to Sara L. Humphries, Phone 332-J. 34-1f

FOR SALE—Sanitary Iron Folding Beds, with mattress to fit, only \$20.00, worth \$30.00. Cooper Furniture Exchange, 27 Main St., Union, S. C.

FOR SALE—Small farms located in one-fourth mile of Monarch and Otteray Cotton Mills, suitable for truck and dairy farming. John A. Fant, Real Estate Co., or see J. Roy Fant, Lockhart, S. C., or D. F. Gilliam, Union, S. C. 42-4f.

LOST—A khaki sweater at the fair grounds Wednesday. Finder please leave at Times office.



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MORE NECESSARY THAN EVER

With War Taxes and other unusual expenses impending, it is more than ever necessary for the salaried person to save money.

Strict and systematic economy will solve the problem of high prices, and will leave you a margin for your Savings Account.

Remember that your deposits will be welcomed here in any amount from One Dollar upwards, and will earn 4 per cent compound interest.

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We are ready to back up our Talk with the best line of Men's and Boy's Clothing, Shoes, Hats and Furnishings in Union County. Our prices are right and open for comparison. All we ask is a show-down.

We feature "Stronger than the Law" Shoes, and can fit the whole family. The "best shoe on earth."

Bradley Sweaters for Men and Boys.

Wool Shirts,—all sizes—all prices.

A heavy Kersey Suit for Men, \$10; for Boys, \$5.

All we ask is that you come and make us prove it.

Union Clothing Co.

The New Way Store.



It's Got to Make Good with You

The LUZIANNE Guarantee:

If, after using the contents of a can, you are not satisfied in every respect, your grocer will refund your money.

—or your grocer will make good to you, to the last penny. We knew you expected something unusually good in a coffee when we first had Luzianne in mind. So we made Luzianne so good that it will stand on its own feet, without apologizing, without acknowledging any rivals. YOU buy a can of Luzianne. If you can't honestly say that Luzianne tastes better and goes farther than any other coffee at the price, then you are entitled to your money back. And your grocer will give it to you upon request. Ask for profit-sharing catalog.

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STORE FOR RENT at \$12.50 per month. Apply to Simon Smith.

People are so anxious to get something for nothing that you could raffle off a second-hand hearse and sell every ticket.

We all know what we would do if we were in the other fellow's place. But we can't decide what to do for ourselves.